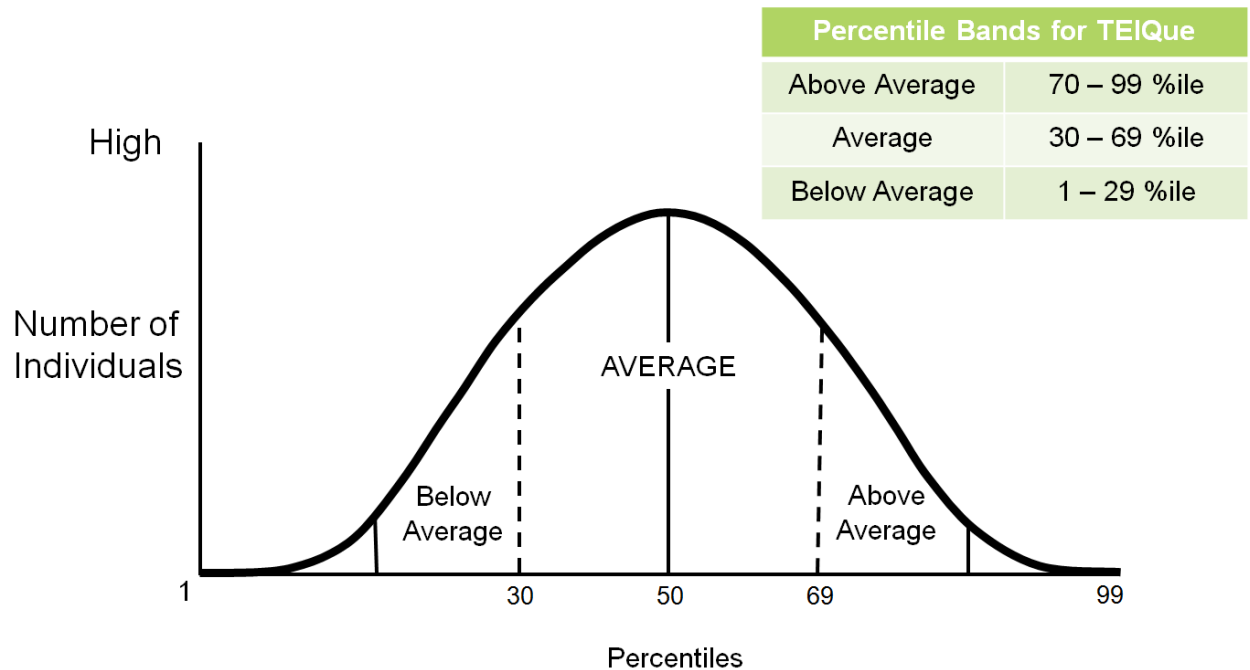
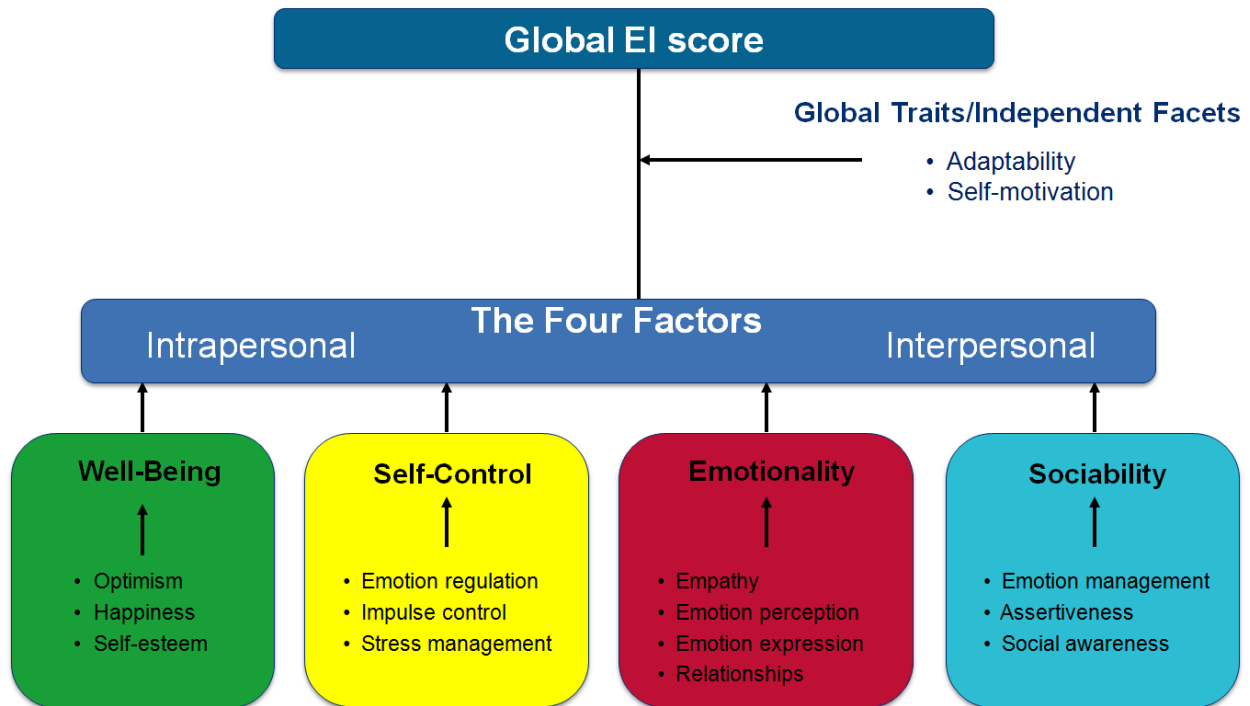


Thomas Trait Emotional Intelligence (TEIQue)



Summary TEIQue Facets and Factors

Factors and Facets	Description
Well-Being Factor	Traits pertaining to dispositional mood. Describes your overall well-being.
Happiness	<ul style="list-style-type: none"> Cheerful and satisfied with their life (current-focus)
Optimism	<ul style="list-style-type: none"> Confident and likely to look on the bright side of life (future-focus)
Self-esteem	<ul style="list-style-type: none"> Successful and self-confident
Self-Control Factor	Traits pertaining to the regulation of emotion and impulses. How well you regulate external pressures, stress and impulses.
Emotion regulation	<ul style="list-style-type: none"> Capable of controlling their emotions or thinking before they act
Impulse control	<ul style="list-style-type: none"> Reflective and less likely to give in to their urges
Stress management	<ul style="list-style-type: none"> Capable of withstanding pressure and regulating stress
Emotionality Factor	Traits pertaining to the perception and expression of emotions. Your capacity to perceive and express emotions and use them to sustain relationships.
Empathy	<ul style="list-style-type: none"> Able to “put yourself into someone else’s shoes”
Emotion perception	<ul style="list-style-type: none"> Clear about their own and other people’s feelings. Emotional Literacy – “reading emotions”
Emotion expression	<ul style="list-style-type: none"> Capable of communicating their feelings to others
Relationships	<ul style="list-style-type: none"> Capable of maintaining fulfilling personal relationships
Sociability Factor	Traits pertaining to the interpersonal utilization and management of emotions. Capacity to socialize, to manage, and to communicate with others.
Emotion management	<ul style="list-style-type: none"> Ability to manage/influence other people’s emotional states
Assertiveness	<ul style="list-style-type: none"> Forthright, frank, and willing to stand up for their rights
Social awareness	<ul style="list-style-type: none"> Accomplished networker with superior social skills
Independent Facets	
Adaptability	Traits pertaining to being flexible and willing to adapt to new situations
Self-motivation	Traits pertaining to being driven and unlikely to give up in the face of adversity